AMENDMENTS

In The Claims:

1. (Currently Amended) A mat for use on a substantially flat floor surface comprising: at least one layer of a material having a bottom surface and a top;

wherein the bottom surface has at least one recession therein, the recession having an opening-;

wherein the recession is operative to reduce movement of the layer when the opening is in contact with the floor surface; and

wherein at least a portion of the recession is cylindrical;

wherein a first recession has a width of about 0.75 inches and a depth of about 0.04 inches; and

wherein a second recession has a width of about 1.0 inch and a depth of about 0.063 inches.

- 2. (Previously Presented) The mat as described in Claim 1 wherein said material is rubber or plastic
 - 3. (Canceled)
- (Previously Presented) The mat as described in Claim 1 wherein said at least one recession is located on at least one of a plurality of straight rows on said bottom surface and wherein said plurality of straight rows are parallel to each other.

(Previously Presented) The mat as described in Claim 1 further comprising a second layer and wherein a top surface of said second layer is bonded with a third layer selected from the group consisting of yarn, carpet, and fabric.

(Previously Presented) The mat as described in Claim 1 wherein said mat further comprises a first and second layer of said material, each layer having a top surface and a bottom surface, the top surface of said first layer being bonded to the bottom surface of said second layer.

(Previously Presented) The mat as described in Claim wherein said mat further comprises a bottom layer, wherein a top surface of the bottom layer is bonded to a bottom surface of the second layer.

(Original) The mat as described in Claim 1 wherein said mat comprises two or more layers of material each of said layers consisting of a different material.

(Previously Presented) The mat as described in Claim 8 wherein each of said layers consists of a different variety of rubber having varying flexibilities.

(Original) The mat as described in Claim wherein said bottom layer consists of a rubber compound having a lower durometer reading than said top layer.

(Original) The mat as described in Claim 10 wherein said bottom layer has a durometer reading of less than 45 units and said top layer has a durometer reading of more than 75 units.

(Original) The mat as described in Claim to wherein the durometer reading of said bottom layer is at least 25 durometer units less than said top layer.

23. (Previously Presented) The mat as described in Claim 2 wherein said material of at least one layer is impregnated with anti-bacterial materials.

14. (Canceled)

15. (Canceled)

(Previously Presented) A process for producing a mat according to Claim 8, comprising the steps of:

supplying the first layer of material;

press molding the first layer of material;

supplying the second layer of material; and

laminating said first layer and said second layer of material; and

curing said mat.

(Previously Presented) The process for producing a mat according to Claim 16, further comprising the step of pricking said first layer and said second layer.

(Previously Presented) The mat as described in Claim 1 wherein a first recession has a different diameter than a second recession.

19. (Cancelled).

20. (Previously Presented) The mat as described in Claim 4 wherein said plurality of straight rows comprise alternating rows of a first recession having a first diameter and rows of a second recession having a second diameter.

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